

# IRON PRISON WORKOUT ROUTINE



Bonus PDF File  
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# IROH PRISON WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Explanation:

The Uncle Iroh Prison Workout is not your typical prison workout. I'm going to give you four different levels of the Iroh Prison Workout to take on, but then I'll also be sharing a more typical prison workout that you can utilize 3-5+ days a week, as well as other calisthenics resources to use in order to work your way up to these advanced movements. From there I'll also share some mixed martial arts and parkour resources for you to tack on as well!

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## Uncle Iroh Workout: The Iroh Prison Workout

### The Actual Uncle Iroh Prison Workout Movements:

- Sit Ups
- Straight-Legged Inverted Sit Ups (Hanging from his cell)
- Clap Push Ups
- One Handed Pull Ups

- Inverted Push Ups (Handstand Push Ups)

**Uncle Iroh Prison Workout Level One:**

3×10 Pike Push Ups

3×15 Sit Ups

3×20 Push Ups

3×25 Lying Leg Raises

**Uncle Iroh Prison Workout Level Two:**

3×10 Pull Ups

3×15 Pike Push Ups

3×20 Sit Ups

3×25 Push Ups

**Uncle Iroh Prison Workout Level Two:**

3×10 Handstand Push Ups

3×15 Pull Ups

3×20 Sit Ups

3×20 Clap Push Ups

3×25 Hanging Leg Raises

### **Uncle Iroh Prison Workout Level Two:**

3×5 One Arm Pull Ups [each arm]

3×15 Inverted Sit Ups

3×20 Handstand Push Ups

3×20 Clap Push Ups

3×25 Sit Ups

### **Uncle Iroh Workout: A “Typical” Prison Workout**

#### **Warm Up:**

2×30 High Knees

2×30 Butt Kickers

#### **Workout:**

Push Ups (Scale Up To Clapping)

4×30

Sit Ups

4×25

Air Squats

4×20

Dips (off chair)

4x15

Pike Push Ups

4x10

Handstand Push Ups

4x5

## **Uncle Iroh Workout: Scaling Up With Calisthenics Resources**

Obviously you aren't expected to immediately take on Uncle Iroh's Prison Workout.

You can utilize the different levels to attempt to scale up, or even take on the more typical prison workout; but I also have other resources for you as well.

First on the list is the best one we have, which comes with 5 Levels of Calisthenics Training, scaling up each time:

- [The Ultimate Calisthenics Workout and Guide](#)

That being said, we also have tons of other calisthenics workouts on the site to choose from, but here's a handful:

### **Celebrity Calisthenics Workouts**

- [Jason Statham Workout Routine and Diet Plan](#)
- [Stephen Amell Workout Routine and Diet Plan](#) (Version One)
- [Ian Somerhalder Workout Routine and Diet Plan](#)
- [Liam Hemsworth Workout Routine and Diet Plan](#)
- [James Franco Workout Routine and Diet Plan](#) (Beginner Friendly)

- [Mark Consuelos Workout Routine and Diet Plan](#) (One of my favorites)

### **Character Inspired Calisthenics Workouts**

- [SHIELD / DEO Beginner Workout](#) (Beginner Friendly)
- [Ryu Hayabusa Workout Routine](#)
- [Yoda Workout Routine](#) (Very Unique and Fun)
- [Arsenal Workout Routine](#)
- [Black Canary Workout](#) (Additional Gymnastic Training + Core)
- [Aang Workout Routine](#)

## **Uncle Iroh Workout: Mixed Martial Arts and Parkour Resources**

Obviously this is based primarily around Uncle Iroh's Prison Workout, but he is also extremely talented in mixed martial arts and firebending.

For that reason, we also have some MMA and Parkour Resources you can utilize on top of the above training regimes.

### **Mixed Martial Arts Routines**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)

### **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)